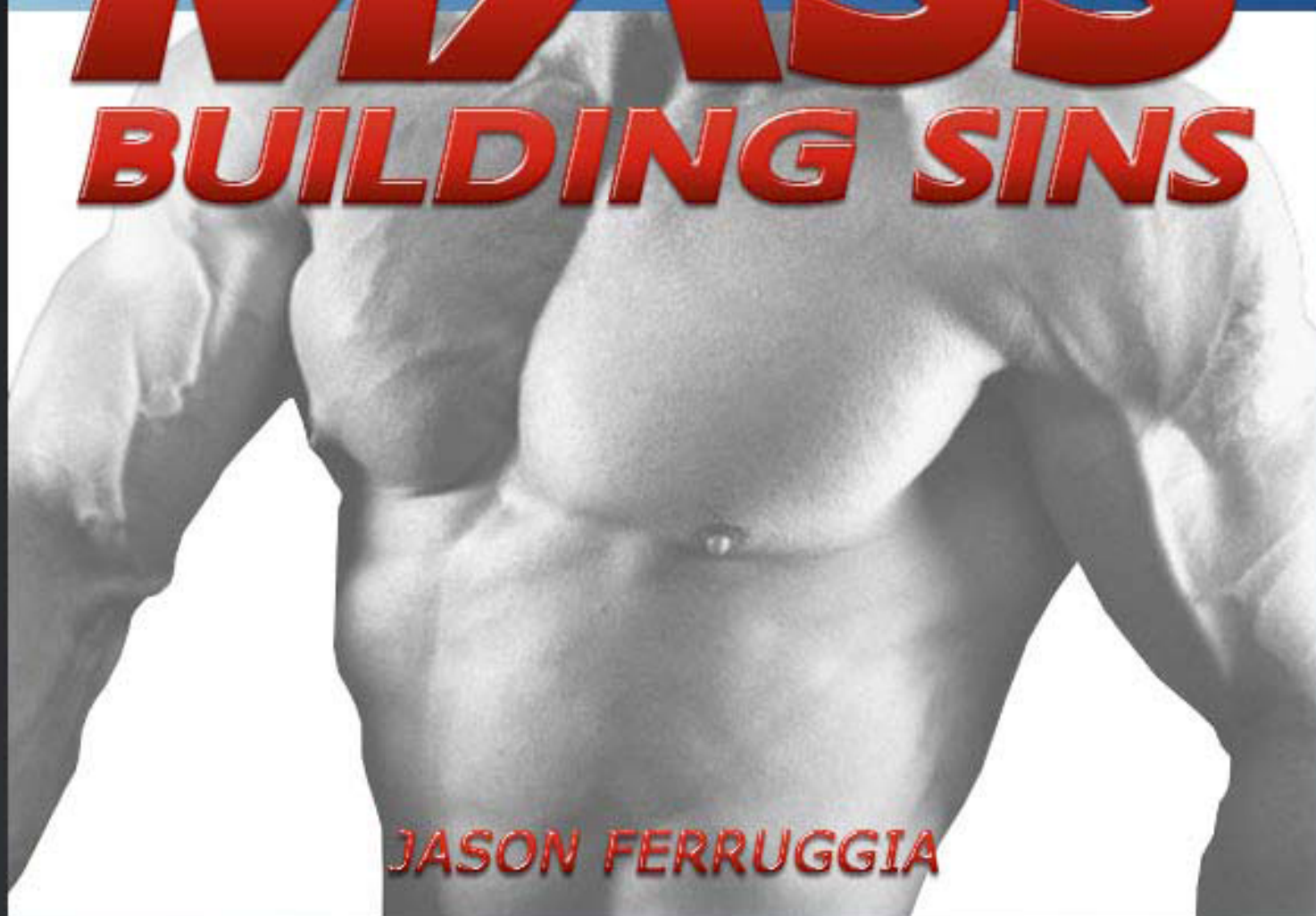


THE TOP **15** MISTAKES

**that Kill Your Muscle Gains...
and How to Avoid Them**

MASS **BUILDING SINS**

JASON FERRUGGIA



Mass Building Sins

Mass Building Sins

By Jason Ferruggia

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About the Author

Jason Ferruggia is one of the most highly sought after muscle building experts in the world. A former, self described “pencil necked geek”, Jason transformed himself from a 147 pound high school senior into a massive 231 pound professional strength coach. For over 15 years he has provided thousands of professional athletes, armed forces members, Hollywood stars and hardgainers worldwide, with muscle building programs that never fail to produce mind blowing results in record time.

His cutting edge training methods have been featured in Men’s Fitness, Men’s Health, Maximum Fitness, MMA Sports Mag, Today’s Man, Muscle & Fitness Hers and TV and radio stations such as ESPN, CBS and NBC.

Recently Jason decided to finally reveal all of his training methods to the rest of the world, for the very first time with his amazing new 90-day mass building system, [Muscle Gaining Secrets](#). Since its release, it has rapidly become one of the most popular muscle building programs on the internet and is the only one endorsed by numerous world renowned fitness experts.

There is not a day that goes by in which Jason doesn’t receive numerous “thank you’s” and testimonials from satisfied customers that have used his program to get bigger and stronger than they ever thought possible. You can read about many of these success stories on his [website](#).

With the incredible muscle building program that Jason has put together there is absolutely no reason why you couldn’t be the next success story. If you want it badly enough, that is...

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Introduction

I have been obsessed with the idea of getting bigger and stronger since I was 13 years old. Since that day I have read everything under the sun that pertains to the subject and have spent over 20 years experimenting and researching the most effective ways to build muscle as fast as humanly possible.

I wasted a lot of time and money over the years, trying to get bigger, and I am sure that you have too. I feel your pain and it is for that reason that I decided to create the Muscle Gaining Secrets system. I wanted to finally share all of the real deal, no BS information that you need to know and reveal all of the fundamental principles that absolutely must be applied if you want to gain 20-30 pounds of muscle in the next 90 days.

I also wanted to remove the confusion and eliminate your frustration once and for all and give you a set of principles that you could follow without ever having to question anything ever again. I wrote this free report to touch on some of the biggest mistakes that I continually see people make on a routine basis. If you are making any of these mistakes, hopefully you will change your ways by the time you get done reading and can start making progress faster than you have in years.

So without any further adieu, here are the biggest muscle building mistakes...

Mistake # 1: Training Too Often

There is absolutely no need for anyone to spend more than four days per week in the gym. In fact, three days actually delivers even better results in most results in most cases. Too many people are still obsessed by the "more is better" attitude, yet those are the ones that never seem to get anywhere in their quest for a more muscular physique. Week after week, month after month, year after year they look exactly same and are still lifting the exact same weights. Training too often only leads to a state of overtraining, and overtraining leads to losses in size and strength.

Remember, you don't grow when you're training; you grow when you're recovering.

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Mistake # 2: Training for Too Long

Many times I go to the gym and finish my entire workout before others even finish their first exercise of the day. When new clients come to train with me for the first time, they are absolutely shocked at how short their workouts are and by the fact that they are getting twice the results in half the time.

You have to be aware of the fact that there is an exact point in your workout where your anabolic hormone production peaks. After that it levels off and it finally starts to plummet not too many minutes later. However, that is not the only negative to training for too long. There is another hormone known as cortisol (the stress hormone) that actually eats away muscle tissue and increases bodyfat storage. The production of cortisol begins to rise rapidly at about the exact same time that anabolic hormone production drops. Unless you get out of the gym right before the exact minute when this starts to happen your results will never be optimal.

Mistake # 3: Doing Too Many Sets

If I had to take a guess I would say that most people do somewhere between 20 and 30 sets every time they go to the gym. The question is why? Why would you possibly want to do that many sets? Why would you want to abuse your joints with that much volume? Despite what you may have heard or read, and despite what the big guy at the gym tells you, there is absolutely no need to ever do that many sets. In fact, doing that many sets will actually halt your progress instead of accelerate it. There is a magical number of sets for every individual that will get the job done; even one more set than that will be extremely detrimental.

Mistake # 4: Ignoring the Progressive Overload Principle

Every single time you set foot in the gym you have to outdo what you did the last time. If you do not, the workout is a complete waste of time. Whenever you ask your

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body to do something new for the first time it responds to the stress you have imposed upon it by building itself up bigger and stronger. The body doesn't like being asked to do that which it has never done before so it adapts in order to be prepared the next time it has to face such a challenge. The way it adapts is by getting bigger and stronger.

The only way to force the body to adapt and thus get bigger and stronger again is to present it with a new challenge and make it do something it has never done before. If you simply go in and do the same thing you did last time, nothing will happen.

Mistake # 5: Not Eating Enough

When it comes to gaining weight there is still one very simple but very important concept that many people seem to overlook or have forgotten about. That concept is that of calories in versus calories out, which simply states that if you are taking in more calories than you burn you will gain weight. No one can argue with that. The key is what kind of weight it will be; fat or muscle.

To gain muscle you need to eat an inordinate amount of calories. Studies have shown that sumo wrestlers actually have more muscle per square inch than competitive bodybuilders do. And most sumo wrestlers don't even lift weights! That right there goes to show you just how powerfully anabolic (muscle building) eating is.

But of course, you don't want to end up looking like a sumo wrestler. That is why you have to eat intelligently and make smart food choices. To gain muscle while minimizing fat gain you need to know exactly what foods to eat and when. And you need to time your carbohydrate intake so that you ingest the majority of your carbs during the two critical windows of opportunity each day when your insulin sensitivity is highest and when your body is primed to grow.

With my [Muscle Building Meal Plans](#), you will never be confused again about what to eat and when. I have taken all the guesswork out of it for you and provided a rock

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solid plan that will help you build muscle faster than ever before while simultaneously minimizing body-fat.

Mistake # 6: Not Getting Enough Sleep

To maximize your muscle growth you need 8-10 hours of sleep per day. This can be achieved with a long slumber at night or with a shorter sleep and a nap during the day. As long as you get the required 8-10 hours it really doesn't make a difference.

Lack of sleep will lower your testosterone levels and increase your cortisol levels. For those that don't know, testosterone is the hormone that builds muscle, and cortisol is the hormone that eats muscle tissue and increases bodyfat storage. You do not want to screw up that ratio if you want to build a head turning physique. Sleep deprivation also decreases your insulin sensitivity, meaning that your body's ability to tolerate and process carbohydrates without getting fat will be severely compromised.

More sleep equals more muscle. There are several ways you can improve the quality and quantity of your sleep which I cover in full detail in the Recovery section of Muscle Gaining Secrets.

Mistake # 7: Not Having a Program to Follow

You can't just walk into the gym and wing it if you ever expect to get great results. Without a program to follow you are doing just that and basically hoping for the best. There is also no way to quantify your progress when you take this approach.

If you decided that you wanted to become a world class guitar player you wouldn't just randomly do whatever you felt like doing when you picked up the guitar each day in hopes that it would somehow turn you into the next Jimi Hendrix. On the contrary, you would go for lessons or buy a CD or book that teaches you exactly what to do each and every time you practice. Likewise, if you decided that you wanted to start competing in ultimate fighting, you wouldn't just go down your

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basement and start punching and kicking randomly. You would hire a coach or join an MMA school where you would do exactly what they told you to do each day.

In other words, you would have a plan to help you achieve success no matter the endeavor that you chose to pursue. For some reason, weight training is the only activity in the world where the majority of participants don't have a well thought out, fully detailed plan. This is a large part of the reason why so few people ever achieve the muscular physique they so deeply desire.

[Click HERE for the ultimate muscle building program.](#)

Mistake # 8: Not Keeping a Training Journal

The most important thing you can bring with you to the gym everyday is not your lifting belt, straps or wrist wraps. The most critically important thing that you can bring with you to the gym everyday is your training journal. There is nothing more significant in your gym bag than that.

A training journal allows you to keep track of your progress and ensures that you have a goal to beat each and every time you step in the gym. Without a training journal you are just guessing. When you record everything you do you give yourself measurable results to look at. If your results are less than satisfactory you can adjust your training accordingly. If you got great results during a certain 16 week period last year but have hit a major plateau this year, you can always go back in your training journal to find out what you did that was so successful and might be able to get you out of your current rut. If you don't keep a training journal I highly suggest that you go get one right now and prepare for your results to improve immediately.

Mistake # 9: Using the Wrong Exercises

If you are wasting time doing triceps kickbacks, lateral raises, leg extensions, cable crossovers and Smith machine squats you can forget about ever getting big and

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strong. Machine training should make up a very, very small portion of your overall workout volume (if at all) and isolation exercises an even smaller percentage. In fact, isolation exercises should rarely be used by anyone with less than one year of training experience and even then they should be used sparingly.

In **Muscle Gaining Secrets** ([available by clicking HERE now](#)) I have listed all of the top exercises for every body part from neck down to calves and have provided detailed pictures and unique, never before seen instructions on how to perform them safely and effectively for the fastest results.

Mistake # 10: Training Strictly for the Pump

Like Arnold said in *Pumping Iron*, there are few better feelings in the world than an amazing pump. The problem with a great pump is that the methods used to achieve it usually don't do the first thing to help you build muscle. I could pick up a pair of 25's and do 100 reps on a flat dumbbell press right now and achieve an incredible, skin stretching pump in my pecs. But do you really think I would grow from that? Of course not. I wouldn't build an ounce of muscle from such a ridiculous protocol.

Training for a great pump involves using methods that do nothing to help you get bigger and stronger; however, each of those methods most certainly can help you get smaller and weaker. ***What is more important to you- the way you look and feel for an hour a day while you are in the gym or the way you look and feel for the other 23 hours of the day?***

Mistake # 11: Not Using Enough Variety in Your Training

How many times do you go into the gym and see people doing the exact same workout that they have been doing for the last three years? Same exercises, same weights, same sets and reps; it's no wonder their physiques haven't changed in forever. While consistency is critically important and too much change and variety is counterproductive to your results, you also don't want to get stuck in a rut of doing the exact same thing over and over.

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Also, how boring could it possibly be to do the exact same thing over and over again? Where is the motivation in that? It's no wonder people get bored going to the gym. I would too if I had to do the exact same thing every time. Switch things up occasionally to keep your body and your mind fresh.

Mistake #12: Getting Your Advice from Bodybuilding Magazines

Most bodybuilding magazines are filled with misinformation about training and nutrition. Much of this is due to the fact that many of the writers are steroid using, genetically gifted bodybuilders themselves. Those who aren't are still in the habit of writing articles geared toward those types of people. Most of us don't use steroids and don't have anywhere close to the amazing muscle building genetics that most pro bodybuilders have. For this reason, we can absolutely not afford to take the advice of those pro bodybuilders. The volume recommended in those articles is often far above and beyond anything a natural lifter or bodybuilder could recover from.

Also, you have to understand that writers don't necessarily get paid to tell the truth, but only to write compelling articles which will help sell more magazines. They can only rehash the same advice so many times so they have to continually keep coming up with more nonsense to sell you. Much of that nonsense includes ridiculous programs that will only lead to overtraining and injuries.

The truth is that many bodybuilding authors who write for magazines and websites are actually paid to write training programs that don't work and lead to a state of over training. You know why that is? It's because nearly every fitness magazine or website is affiliated with or owns a supplement company. They give you training programs that don't work which will hopefully lead to you getting frustrated and thinking that the only answer and hope for you is to buy their newest miracle supplement. It's a lowdown dirty business...

[Click HERE to order now.](#)

Mistake # 13: Placing Too Much Emphasis on Protein Intake

I hate to tell you this, but you have been lied to. The high protein myth that the supplement companies push on you is all part of the scam designed to help separate you from your money.

Look at prisoners in state or federal penitentiaries who lift weights regularly. There are always tons of incredibly jacked guys in there who get no more than 50-75 grams of low quality protein per day yet still possess massive amounts of muscle. They are not slugging down some fancy ion exchange whey shakes all day but they sure are growing. Regardless of what anyone tells you, gaining weight still does come down to calories in versus calories out; no matter how rudimentary that formula may be considered these days.

If you want to get huge, focus on a well rounded diet of protein, carbs and healthy fats and stop wasting money on useless crap. In [Muscle Gaining Secrets](#) I dispel the high protein myth once and for all and tell you what the supplement manufacturers don't want you to know. I will give you the real deal on how much protein you actually need to grow and explain why you'll never have to waste your money on protein supplements or have to take out a loan to pay your butcher ever again.

Mistake # 14: Not Taking a Week off Every 8-12 Weeks

After several weeks of hard training your body will demand a break. Giving it the time off that it's in desperate need of will help you avoid burnout and injuries. It will also help you recover and continue growing at an optimal rate. Many people fear taking a week off because they think they will shrink, however, nothing could be further from the truth.

If you need proof of why this isn't so, you need look no further than competitive athletes who only have a few months of the year to train seriously. Football players enter camp in August and often times play until mid January. After the season they

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are so beat up that they need 2-3 months off from any physical activity whatsoever. So let's say that they don't pick up a weight until March or April. That leaves them with only four or five months of serious training. After that they basically go on a maintenance program throughout the season.

Yet how much muscle do you see these guys losing from one year to the next? Absolutely zero. In fact, most guys continue to build more muscle and get stronger each and every year.

The body is simply not meant to go full speed and lift heavy weights for 52 weeks straight. Twelve weeks is the longest you should ever train hard for without taking a complete week off. Many skinny hardgainers and lifters over 35 years old will actually get even better results by taking a week off every 4-8 weeks. Experiment to see which option works best for you, but never go longer than twelve weeks without a full week off.

Mistake # 15: Doubting or Not Believing in Yourself and Your Program

The mind is a very powerful tool and can be the key to your successes or failures in everything you do in life. Weight training is no different. There are far too many people out there who constantly doubt and question what they do. They are always in search of something better- a better exercise, a better way of sequencing their workouts or a better program all together. These are the people who consistently fail. They never build an ounce of muscle or strength because they don't believe in themselves and what they are doing.

If you believe you can achieve; if not you are destined to fail. I highly recommend to all the doubters out there, that they find a time tested program from someone they trust (someone who has a reputation that precedes him) and follow it to the letter.

My [online muscle building program](http://www.musclegainingsecrets.com/) has been battle tested and proven to work with thousands of clients and customers from all over the world. Before I even contemplated writing the program, I tested all of my methods on hundreds of my

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own personal training clients over the course of 15 years. ***The program will work for you*** if you trust in it and believe in what you are doing.

"The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith."

Franklin D. Roosevelt

More Mistakes Can be Found at:

www.MuscleGainingSecrets.com

Conclusion

I sincerely want you to build the physique of your dreams. I know how hard it is and how frustrating it can be to continually bust your ass but keep coming up short. I was in your shoes for a long time. That is why I decided to create the ultimate muscle building system available anywhere in the world today. If you are truly committed, my [Muscle Gaining Secrets success kit](#) will finally allow you to reach all of your physique goals and build the head turning body you have always desired.

Don't forget that in addition to the main Muscle Gaining Secrets system you will also receive several other FREE bonuses valued at over \$600.00!

[Click HERE now for more information.](#)

Train hard,
Jason Ferruggia

PS. Check out all of the success stories and review from satisfied customers on the following pages.

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"Jason Ferruggia is the master muscle builder in the fitness industry. In [Muscle Gaining Secrets](#), Jason offers super-high quality information in a fast-moving, easy-to-read format. I have already gained over ten pounds using this information and am just getting started. You can't fail when he's in your corner."

Sean Hyson, CSCS

Fitness editor for Men's Fitness magazine

"I went from 130 pounds to 220 pounds while working with Jason and using all of the methods he teaches in [Muscle Gaining Secrets](#). There is no better muscle building system on the planet."

Mike Schwalb

Team Captain, Gettysburg College Football

"As a skinny kid I thought I would never be able to gain weight. That all changed the day I found Jason Ferruggia. I gained 33 pounds of muscle and increased my squat by over 200 pounds by using everything Jason teaches in [Muscle Gaining Secrets](#). When it comes to building size and strength faster than anyone else, he is the best."

Jeff D'Annunzio

Catholic University Baseball

"Jason Ferruggia's [Muscle Gaining Secrets](#) is one of the most complete resources I have ever seen for those looking to build massive amounts of muscular size and strength in as little time as possible. This package contains everything you will ever want or need to know about getting big and strong."

Alwyn Cosgrove

World Renowned Fitness Expert

"I am someone with average genetics who has overachieved physically from using Jay's training philosophies. I never used any illegal supplements or took any miracle pills but I went from 150 pounds to 190 pounds of solid, lean muscle mass by doing exactly what Jay describes in [Muscle Gaining Secrets](#)."

Ryan Mang

Hoboken, New Jersey

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"Being in my mid forties, working fifty hours a week and having a wife and three kids makes it hard for me to even get to the gym, let alone get great results. I don't have the schedule or the recovery ability of some of the kids at the gym but by using [Muscle Gaining Secrets](#), I have gained 23 pounds of solid muscle and I feel and look better than I have in over 20 years."

Rob DeSocio

Warren, New Jersey

"Between playing college football and lifting for both size and strength in my post-football life, I've been training hard for over twenty years, and I've picked up a few things along the way. ***In all my years, however, I've never seen anything like what Jay Feruggia has put together with [Muscle Gaining Secrets](#).*** It's a complete compendium of everything you need to know about training. Every time I waste several months spending hundreds of dollars on useless supplements that don't do a damned thing for me, I go back to Jay's advice and get myself back on track. Save yourself the time, money and disappointment and go straight to the best: Jay Feruggia."

The Doorman, author of HarperCollins memoir *Clublife: Thugs, Drugs and Chaos at New York's Premier Nightclubs*

"Before meeting Jason Ferruggia I spent thousands of dollars working with many so called "experts," none of whom provided me with the results he has. While using his training methods my bodyweight went from 195 to 250, my squat has gone up to 560 pounds, I benched 440 and set the school record in the hang clean at 375 pounds. I wouldn't hesitate for a second to recommend [Muscle Gaining Secrets](#) to everyone trying to get bigger and stronger."

Chris Carey

Team Captain, Columbia University Football

"Raw and uncut. That is how Jay Ferruggia brings it. From his politically-incorrect no-BS eating program, to his workout routines that he's used with hundreds of athletes, armed forces members and weekend warriors, Ferruggia truly is relentless when it comes to putting together the ultimate muscle building program. And I'm no armchair quarterback when it comes to Jay's workout advice. Jay is the coach that finally got me to smarten up and train right. As a result, I'm stronger, less tired, less

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beat up between workouts, and my workouts are of the highest quality. ***This is the only muscle-building program out there that will give you the results you've been after forever***, while firing you up like never before. Get it, or get left behind again, just like you were last year."

Craig Ballantyne, CSCS, MS
Strength Coach, Toronto, Canada

"I was always a skinny kid who struggled to gain weight. I tried everything but continually failed. When I met Jason, my life completely changed and I gained over 25 pounds of muscle following his programs and diets. What he teaches in [Muscle Gaining Secrets](#) is exactly what helped me finally build the muscle I had been trying to build for years. Thanks to his help I took my career to the next level and made a lifelong dream of playing professional baseball a reality."

Joey Scott
Oakland A's

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